

Ingredients needed for: \_\_\_\_/\_\_\_\_/\_\_\_\_ Name:

## **TOMATO SAUCE**

### **Ingredients**

1 tablespoon olive oil or vegetable oil  
1 clove garlic  
1 small onion  
1 can chopped tomatoes or 500g/1lb fresh tomatoes, skinned and chopped, or 400g carton of passata  
1 tablespoon tomato puree  
1 teaspoon dried herbs e.g. basil or oregano, or a handful of fresh basil  
salt and pepper

### **Equipment**

Knife  
Chopping board  
Non-slip mat  
Tablespoon  
Wooden spoon  
Saucepan  
Teaspoon

### **Method**

1. Peel and finely chop the onion and garlic.
2. Place oil in a small pan and gently fry the onion and garlic until soft (about 5 mins).
3. Stir in the tomatoes, tomato puree, herbs, salt and pepper.
4. Cover and simmer gently for 30 mins.
5. Turn off when the vegetables are soft, and cool slightly.
6. Blend using a hand blender until fairly smooth.